



# 25th celebrates 74th birthday

## TLW honors Division's 1965 Vietnam deployment

Maj. Gen. Charles A. Flynn (back left), commander, 25th Infantry Division, and Gen. Vincent K. Brooks (back right), commander, U.S. Army-Pacific, ride in a Humvee for the 25th ID pass and review at Weyand Field, Schofield Barracks, Oct. 8. The 25th ID celebrated its 74th birthday during Tropic Lightning Week.



Sgt. 1st Class Saunaoa Tupea, with Headquarters and Headquarters Battery, 25th Division Artillery, performs a traditional Hawaiian warrior dance prior to the start of the 25th ID pass and review.



All photos by Staff Sgt. Armando Limon, 3rd Brigade Combat Team Public Affairs, 25th Infantry Division

Soldiers perform a traditional Hawaiian warrior dance prior to the start of the 25th ID pass and review.



The adjutant runs across Weyand Field to get into position for adjutant's call to start the 25th ID pass and review.



The 3rd Brigade Combat Team presents arms during the 25th ID pass and review.



A Vietnam veteran watches the 25th ID pass and review.

# 25th ID's Westbrook receives highest peacetime medal

## PFC. HOLLI COOK

25th Sustainment Brigade Public Affairs  
25th Infantry Division

SCHOFIELD BARRACKS — A Human Resource Soldier assigned to the 25th Special Troops Battalion, 25th Sustainment Brigade, received the Army's highest noncombat medal, Oct. 7, at Weyand Field.

Sgt. Jonathan Westbrook was presented the Soldier's Medal by the 25th Infantry Division's deputy commanding general-Support, Brig. Gen. Patrick Matlock.

The 25th Sust. Bde. commander, Col. Gavin Lawrence, spoke of Westbrook's heroics that day and believes that it's noncommissioned officers like Westbrook who make the Army the best in the world.

"He epitomizes all that is great about our NCO Corps," said Lawrence. "Westbrook is a leader of character that can be counted upon in the most adverse of circumstances. We are very fortunate to have him within our ranks."

Matlock spoke to the 25th Special Troops Bn. Soldiers in attendance about the medal and Westbrook, saying how much of an honor it was to be able to present the medal and how he never expected he would get the chance to present one to a Soldier, let alone one with a story quite like Westbrook's.



Photo by Staff Sgt. Matthew G. Ryan, 25th Infantry Division Public Affairs

Sgt. Jonathan Westbrook displays the Soldier's Medal after receiving it from Brig. Gen. Patrick Matlock, 25th ID DCG-Support.

Westbrook was assigned to the 49th Movement Control Battalion at Fort Hood, Texas, when a fellow Soldier opened fire on him and

several other members of his unit, April 2, 2014.

"Before the shooting, I had a conversation with him," said Westbrook about the Soldier that opened fire that day. "I wish I could have talked to him a little more."

Westbrook explained that if he could do it over again, he would have tried to talk to that Soldier more and feels that if he had given it more time, he could have persuaded him to change his mind. It was after that conversation with the Soldier, and after the Soldier left and came back, that the shooting began.

Shortly thereafter, Westbrook and his colleagues would be in a fight for their lives.

According to a Jan. 23, 2015, article on Army.mil, the shooting that took place there left four people dead and 12 wounded. The shooter, Spc. Ivan Lopez-Lopez, took his own life after being confronted by a military police officer.

During the attack, Westbrook had barricaded the door with a desk to help protect and provide some cover for his supervisor and his Soldier who were with him in the room as the shooting started.

"I didn't want to see my NCOIC and my Soldier die right in front of me," said Westbrook. "I pretty much did what I had to do to make sure we would all stay alive."

Despite taking two rounds from Lopez-Lopez's gun to his chest and one to the arm, Westbrook said he used training that every Soldier is taught throughout their military career. Little did he know the training he received would be used in a real-world situation and end up saving himself, his non-commissioned officer in charge, and his Soldier.

More than a year has passed for Westbrook since that fateful day. After being presented the Soldier's Medal for his actions that day, Westbrook said

he feels very humbled to accept such a special medal.

"It's a very prestigious award for acts of heroism. It means a lot to be recognized by the Army, and they really appreciate all that I have done," said Westbrook.

"By it being the highest medal to receive during peacetime and to receive it is truly an honor, and it means a lot to me," he added.







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Col. Richard A. Fromm  
**Garrison Command Sergeant Major**  
CSM Louis C. Felicioni  
**Director, Public Affairs**  
Dennis C. Drake  
656-3154

**Chief, Internal Communication**  
Aiko Rose Brum, 656-3155  
editor@hawaiiarmyweekly.com

**News Editor**  
John Reese 656-3488  
news@hawaiiarmyweekly.com

**Pau Hana Editor**  
Jack Wiers 656-3157  
community@hawaiiarmyweekly.com

**Staff Writers and Photo Editors**  
Don Robbins and  
Christine Cabalo 656-3150  
reporter@hawaiiarmyweekly.com

**Layout**  
Daniel P. Pereira  
**Advertising:** 529-4700  
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Photos courtesy of Daniel K. Inouye Asia-Pacific Center for Security Studies

**Faculty and staff at the Daniel K. Inouye Asia-Pacific Center for Security Studies, located in Waikiki, at Fort DeRussy have educated, empowered and connected nearly 10,000 U.S. and international security practitioners in the interest of building peace and stability in the Asia-Pacific region.**

# Center honors 20 years of peace building

JESSE W. HALL III

Daniel K. Inouye Asia-Pacific Center for Security Studies

WAIKIKI — Celebrating 20 years of building peace through education, the Daniel K. Inouye Asia-Pacific Center for Security Studies held a ceremony, Oct. 6, honoring its achievements and its namesake, the late U.S. Senator Daniel K. Inouye.

Nearly 400 people attended the commemoration at the Center, located at Fort DeRussy, here.

Among honored speakers were the commander of U.S. Pacific Command, Adm. Harry Harris, Jr.; the president of the U.S.-Japan Council, Irene Hirano Inouye (widow of Sen. Inouye); the principal deputy assistant Secretary of Defense for Asian and Pacific Security Affairs, Kelly Magsamen; and representing the DKI APCSS alumni, New Zealand Ambassador Robert Kaiwai.

Four members of Hawaii’s U.S. Senate and House delegation provided comments via prerecorded video.

Attendees gathered to honor the organization’s success over the last two decades in promoting multilateral collaboration and problem-solving among Asia-Pacific security practitioners.

The Center has engaged nearly 10,000 Fellows from more than 100 nations. Its education and outreach programs have helped nations form enhanced policies and procedures that lead to more effective governance, greater stability and heightened resiliency.

“This was an opportunity to acknowledge the people, past and present, who have made DKI APCSS an extraordinarily effective proponent of good governance and security cooperation,” said retired Lt. Gen. Dan Leaf, Center director. “At the same time, we paid tribute to our namesake, Sen. Daniel K. Inouye, and his vision for the Center, and reminded ourselves that being in Hawaii is a blessing and tremendous advantage. Twenty years of growth and accomplishment have set the stage for a very bright future.”

U.S. Sen. Brian Schatz added that the commemoration was a “fitting tribute” to Sen. Inouye’s legacy.

“His vision and work helped to build the Center into the respected institution it is today,” the senator said, adding, “He was a strong supporter because he recognized early on that the Asia-Pacific region would be a key to America’s security, and that Hawaii was critical to our engagement in the region.”

DKI APCSS activities are designed to meet Department of Defense and U.S. Pacific Command strategic objectives for the region. Those objectives center on a more secure, stable and prosperous region as envisioned by Inouye.

A sampling of the Center’s regional contributions included development of new national security strategies in Papua New Guinea, the Philippines and Timor-Leste; implementation of earthquake preparation plans in Nepal and New Zealand; formation of strategies to deal with regional bio-security threats; and improvements in multilateral cooperation throughout the region, even between nations with long-running political and cultural rivalries.

“Since 1995, DKI APCSS has served as a strategic epicenter of learning; it is a proving ground for global se-



**The DKI APCSS crafted this memorial to pay tribute to its founder and namesake, the late U.S. Sen. Daniel K. Inouye. The Center completed the display shortly before the 20th anniversary celebration.**

curity ideas and a catalyst for building international relationships,” said U.S. Sen. Mazie Hirono via prerecorded video. “Like the man it is named after, it is solutions-driven ... constantly searching for ways to produce successful outcomes regardless of the challenges at hand.”

From the floor of the U.S. House of Representatives, U.S. Rep. Mark Takai emphasized the Center’s strategic importance.

“As the U.S. shifts its focus to the Asia-Pacific region, the DKI Center is uniquely situated to play a critical role in driving our nation’s security policy. As I

## FOOTSTEPS in FAITH

# Self or servant, which characterizes your style?

CHAPLAIN (CAPT.) JONATHON TODD

Battalion Chaplain  
25th Infantry Division

There is an old saying: “A person is only a leader if there are others following them.”

In the military culture, the intangible quality of leadership is part of who we are and who we aspire to become. Too often, however, the privileges associated with leadership can overshadow the responsibilities that define its existence in the first place.

Some symptoms associated with poor leadership are a lack of concern for others and the climate of the organization. For example, a piece of our modern American culture conveys one should use whatever authority, tools and influence they have to elevate themselves in wealth, position or status. This kind of leadership may include the goal of gathering and exercising power by one person at the top with regard only for self. This concept runs directly contrary to the Army leadership principles.

At the other end of the spectrum, however, is a concept known as “servant leadership.”

**Servant Leadership.** I was asked recently to define the concept of servant leadership, and the best example I could think of was displayed by Jesus Christ.



Todd

The author and leadership expert Robert Greenleaf is quoted as saying, “A servant-leader focuses primarily on the growth and well-being of people and the communities to which they belong.”

One of the best examples of servant leadership is given by Jesus in the gospel of John 13:3-6. Jesus got up from the meal, took off his outer clothing and wrapped a towel around his waist. After that, he poured water into a basin and began to wash his disciples’ feet, drying them with the towel that was wrapped around him.

This ultimate example of servant leadership began with recognition of who was in charge. Jesus recognized his first action is to set aside his power and take the role of a servant to those people who followed him. He humbled himself and washed their feet, an act that usually fell to a lowly house servant.

Jesus had spent the previous three years building up his followers through encouragement, personal care, mentorship and constant teaching. He established

multiple training events allowing his followers to step out on their own, assigned roles and tasks suited to their capabilities, and, when needed, he admonished them for their wrongdoing, but he always picked them back up afterwards.

After such an amazing three years of leading these people, as he sees the end of his time among them on earth coming to an end, Jesus teaches them this essential leadership lesson of being ready and willing to step out of the spotlight and care for people.

In the stress-filled days we now face in our military culture, every leader I know has the essential responsibility to care for the needs of their people and simultaneously accomplish an astounding amount of mission needs.

Our leaders at all levels are doing more with less, and it can be easy to become overwhelmed with the needs of our people and the amount of work we have to do.

It can be easy to disregard one in favor of the other. It can be easy to overlook the one thing that makes us leaders – our people.

Today I encourage each of us to re-examine ourselves. Let us consider our priorities and (as needed) rebalance them to ensure we never neglect those people we are responsible to care for. Prepare and lead.

# Voices of Ohana

In support of Fire Prevention Week,  
“What tip do you have to prevent accidental fires?”  
By Federal Fire Department Hawaii



“Don’t leave lit candles unattended.”

Ryan Gouveia  
Engineer,  
Federal Fire  
Department  
Hawaii



“Dispose of your cigarette butts in the proper receptacle.”

Dean Mizukami  
Firefighter/  
Paramedic,  
Federal Fire  
Department  
Hawaii



“Check smoke detectors monthly.”

Matthew Newman  
Engineer,  
Federal Fire  
Department  
Hawaii



“Clean your lint traps in your dryer.”

Ken Oshiro  
Firefighter,  
Federal Fire  
Department  
Hawaii



“Don’t leave cooking unattended.”

Rubin Villanueva Jr.  
Firefighter,  
Federal Fire  
Department  
Hawaii



# Army has changed the way it trains at BCT locations

In Part 3 of 4, warrior tasks and hand-to-hand combat are focus areas

C. TODD LOPEZ  
Army News Service

In the new Basic Combat Training (BCT) Program of Instruction, the Army plans to increase focus on Army values and discipline, increase emphasis on physical readiness, update rifle marksmanship training, reduce theater-specific training, update the existing field training exercise, and increase the rigor of some existing training courses.

In the past at BCT, Soldiers learned 15 warrior tasks, 81 individual tasks and six battle drills.

The new BCT will drop three warrior tasks and add one. The knowledge of those warrior tasks is not gone, however.

U.S. Army Training and Doctrine Command experts said that some of the warrior tasks were repetitive and could in fact be rolled in under other similar warrior tasks.

Gone is “perform counter IED” operations, “adapt to changing operational environments” and “grow professionally and personally” from the existing roster of 15 warrior tasks. Being added is “select a hasty fighting position.”

Among battle drills, “performs actions as a member of a mounted patrol” and “react to indirect fire, dismounted” have been dropped, and the total number of battle drills has been reduced from six to four.

TRADOC experts said that changes to warrior

tasks and battle drills (WTBDs) were changed based on a 23,000-person survey that concluded that WTBDs needed to be refreshed based on changes to unit missions and doctrine updates.

Some instruction in the current BCT will be moved out of BCT and instead placed into a Soldier’s first unit of assignment. For instance, lessons regarding interaction with news media, personnel recovery and a class called “what is culture” will all be moved to a Soldier’s first unit of instruction.

**Hand-to-hand**

Instruction related to man-to-man combat, called “combatives,” will also be updated. New BCT instruction will combine the use of hand-to-hand fighting techniques with rifle fighting techniques to create a Soldier who is “capable of operating across the full range of force,” read a

TRADOC document.

Soldiers use Pugal sticks now to simulate how they might use their rifle as a weapon once it runs out of ammunition. That kind of training will be enhanced as well as combined with combat-ives, which is hand-to-hand combat.

“If all I ever teach a Soldier is how to shoot a rifle or throw a grenade, then when they interact with a person, death is the only thing on the table,” said Command Sgt. Maj. Dennis Woods, TRADOC’s Center for Initial Military Training. “Sometimes, a good smack to the face solves the problem. That’s hand-to-hand fighting.

“Or, if you are in some mega-city, and you have combatants hiding among civilians, and the civilians are agitated too, maybe to create a safe space a push or shove will suffice,” he said.

*(Editor’s note: Part 4 will conclude the series.)*

# Pacific’s senior enlisted leaders see value of academy

MASTER SGT. PETE MAYES  
25th Infantry Division

SCHOFIELD BARRACKS — According to 1st Sgt. Glen DeMarcus, training Soldiers in the ways of jungle warfare helps prepare them for surviving in any and all environments.

“What you learn here can be applied to anywhere,” said the senior enlisted noncommissioned officer in charge of the 25th Infantry Division’s Lightning Academy to a group of senior enlisted leaders (SEL) from neighboring Pacific countries during a recent joint visit.

Approximately nine SELs from around the region visited the academy as part of the U.S. Pacific Command (PACOM) annual Chiefs of Defense SEL Conference. The visit was intended to serve as a means of bolstering their longstanding relationship with their Pacific partners, as well as learning how the academy develops and fosters NCOs.

“The 25th Infantry Division is committed to strengthening our ties with our partner countries through both training here at Schofield Barracks and during Pacific Pathways,” said Division Command Sgt. Maj. Scott Brzak.

Brzak’s comments were an assessment also shared by other senior leaders.

“It’s as important as any other training we will conduct because of our area of responsibility,” said Regimental Sergeant Major of the Australian Army Warrant Officer Donald Spinks. “Jungle training is a critical element that we need to have in order to fight and win in this environment.”

“Here we have an opportunity to bring senior leaders from other parts of the region to observe our training here at the Division firsthand,” said PACOM SEL Navy Fleet Command Master Chief Mark Rudes. “It’s important for us to have schools like this and to be able to offer this type of training to our international partners. We have to be able to have trust in each other, and that trust will determine how effective we are when responding to a crisis.”

The academy houses the Division’s Jungle Operation Training Course (JOTC), where Soldiers learn the intricacies of living in the most austere of environments. It’s almost like a lost art form, as today’s Soldiers, since 9/11, have primarily trained for desert and mountain warfare in Iraq and Afghanistan.

The SELs received a briefing about the importance of jungle operations and a demonstra-



Photo by Staff Sgt. Matthew Ryan, 25th Infantry Division Public Affairs

**Senior Master Sgt. Romeo Austria, Assistant Formed Forces of the Philippines Sergeant Major, observes a tube used for water purification during a recent SEL visit at the Lightning Academy JOTC, Sept. 30. The visit was supporting the USPACOM Chiefs of Defense SEL Conference and was meant to bolster support and understanding of how the 25th ID trains its noncommissioned officers.**

tion on how to extract an injured Soldier from a ravine, as well as a quick tour of “Survival Village,” which featured how Soldiers would provide shelter, warmth, food and water in the jungle.

The JOTC was born out of the Hawaii-based 25th ID’s regional alignment with PACOM and the Defense Department’s rebalance toward the Asia-Pacific region. The ability to operate in the jungle is important not only for troops aligned with PACOM, but also potentially for those working in Africa and other places around the world.

DeMarcus said jungle training took a back seat during the past 10-plus years of training for deployments to the Middle East, but has since been revitalized as the Army pivots its attention back to the Pacific.

Many of the Pacific partners conduct jungle training in their own countries. DeMarcus said the relationships that are being established between the Division and those countries, and the ability to offer a different type of training terrain, is crucial in partnership building.

“It’s about compatibility and how we can work together,” DeMarcus said. “Although our systems are not the same, we find ways to remain effective through adaptability and initiative.

Pacific Pathways was an example he used when describing compatibility with others.

“It’s essential to our relationships with our foreign partners that we continue to train together and often. The benefits from this far outweigh the costs associated,” DeMarcus said.

Brzak agreed, adding that the JOTC demonstrates the Division’s commitment to the Pa-

cific region.

“First, the Lightning Academy provides a great opportunity for Soldier and leader development here at home station, at a low cost and minimal time away from their units,” he said. “Second, our regional partners have an open invitation to send their Soldiers through any of our courses and that is reciprocated by us sending our Solders and instructors throughout the Pacific to attend their schools and courses.

“This allows them to bring back tactics, techniques and procedures that we can implement into our courses to make them better and more relevant for the Pacific operating environment,” Brzak explained.

*(Editor’s note: Mayes is the Public Affairs/Strategic Communications senior NCO for 25th ID Information Operations.)*



Photo by Spc. Jacob Kohrs

**Lt. Gen. Alan R. Lynn, director, Defense Information Systems Agency, runs with troops in the annual Signal Regimental Run at Schofield Barracks, Sept. 15.**

# Army Signal Corps honors 155 years in service

TYLER OGOSHI  
Army News Service

FORT SHAFTER — Army Signal Soldiers and civilians from across the globe gathered on the island of Oahu to celebrate the 155th birthday of the U.S. Army Signal Corps during Pacific Signal Week in September.

Throughout the week, attendees traversed the island for team building and professional development events, all of which focused on building camaraderie and esprit de corps, familiarizing mission partners with the intricacies of secure communications and informing Signaleers of the way ahead for the Signal Corps.

“We have the hardest working professionals who are carrying out and conducting the day-to-day operations, maintaining a physically fit force that is ready to execute anywhere, anytime, and with the highest level of proficiency throughout the Pacific area of responsibility,” said Command Sgt. Maj. Darris Curry, 311th Signal Command (Theater).

Senior leaders of the Army Signal mission participated in workshops, discussions and briefings during the Communicators’ Forum, the professional development



Photo by Liana Kim, 311th Signal Command (Theater) Public Affairs

**HONOLULU — Staff Sgt. Eric Black Jr (second from left), the 311th's Noncommissioned Officer of the Year, and Spc. Maria Perez, Soldier of the Year, join the 311th command team, Maj. Gen. Lawrence W. Brock III (left) and Cmd. Sgt. Maj. Darris Curry, in the traditional cake cutting for the Pacific Signal Ball at the Hilton Hawaiian Village, Sept. 18.**

portion of Signal Week.

“We’re going to focus on increasing the accuracy of what we’re reporting and who (is) reporting, assess the impact, and then work on educating and reforming our service members,” said Lt. Gen. Robert S. Ferrell, Army chief information officer/G-6, of his team’s near-term objectives.

During a brief at the 30th Signal Battalion on Schofield Barracks, Maj. Gen. John B. Morrison Jr., commander, U.S. Army Network Enterprise Technology Command and deputy commander, U.S. Army Cyber Command, Signal Center of Excellence, spoke of the three main

focus areas for Signaleers: standardize, modernize and integrate.

“For the first time, we will be able to converge all our networks onto one infrastructure,” Morrison said, of integrating tactical and strategic networks.

He said this long-sought solution will drastically improve functionality, allowing operators more flexibility and new capabilities, such as inserting mission partners into the regional hub nodes during joint readiness exercises and operations.

Team building events throughout the week included bowling tournaments, biking, a golf scramble sponsored by the Signal Corps

Regimental Association’s Hawaii chapter, a motorcycle mentorship and safety ride around the island, Hawaiian canoe paddling, the annual regimental run, a prayer breakfast, and tours of the Network Enterprise Center.

The culminating event of the week was the Signal ball, where nearly 800 Soldiers and officers celebrated and danced the night away at the Hilton Hawaiian Village.

Selected Soldiers and civilians were presented with honors and awards at the ball for going above and beyond the call of duty. All in attendance were able to look back on the past years’ accomplishments during the “Hooah” multimedia video production, comprised of images and videos from Signal teams across the Pacific.

Attendees from various Army organizations cheered out from their tables as the digital graphics of their units appeared on the large screens displaying the video on each corner of the ballroom

“You have all worked very hard, and it has not gone unnoticed,” said Maj. Gen. Lawrence W. Brock III, commander, 311th Sig. Cmd., in his closing remarks at the ball.

“Tonight is for you, to celebrate responsibly,” he said.





# Cacti veteran recounts time in unit during war

Story and photo by  
**STAFF SGT.  
ARMANDO R. LIMON**  
3rd Brigade Combat  
Team Public Affairs  
25th Infantry Division

SCHOFIELD BARRACKS — Cacti Soldiers of 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, welcomed one of their brethren during Tropic Lightning Week, here, on Oct. 6.

Robert “Bob” Maves, a former sergeant and infantryman, watched the Cacti team during the softball tournament.

“This is great,” Maves said, as he watched them play. “It’s good camaraderie for the guys.”

Maves said he found out about TLW while at the 17th Annual Cacti 35th Inf. Regt. Reunion in San Diego, Sept. 24-27.

“So I said to my wife, Joan, we’re half way there, so we might as well keep going,” he said.

While at the softball tournament, he recalled his time in the Army and with 2-35th Inf. Regt.

“I was drafted in January 1969 as a two-year draftee,” he said. “I was not prepared to be a Soldier.”

Maves was married at the time with a baby daughter, but continued on regardless of the hardship on him and his family.

After induction, the 20-year-old family man headed to Fort Campbell, Kentucky, for basic training and then infantry school at Fort Polk, Louisiana.

“I know down in Fort Polk, I grew up in that nine weeks more than any other nine weeks of

my life,” he said. “I realized this isn’t like playing cowboys and Indians back home. This is the real deal. We’re going to war pal.”

He immediately shipped out of Fort Polk to Vietnam and was assigned to 1st Platoon, Company B, 2-35th Inf. Regt., in June 1969, he continued

It wasn’t long before he was in the thick of the jungle in the central highlands of South Vietnam at Camp Enari near Pleiku, Gia Lai Province.

“I was walking point and flank, and did the listening posts, observation posts, whatever they asked,” he said.

One of the things asked of him, when he was with a line platoon, was if anyone in his platoon had mortar experience.

“Well, I was at 6-feet 5-inches and 230 pounds,” he said, “so I could carry anything the mortars had, and I said I’d go. They came back an hour later and told me to go to mortars. I wound up in the mortar platoon for about eight months.”

He recalled that his experiences didn’t keep him in one place in the central highlands. He was sent to Camp Radcliff in the An Khê District of Gia Lai, and even out of the province.



**Robert "Bob" Maves (right) stands with Lt. Col. Ryan O'Connor, commander, 2nd Bn., 35th Inf. Regt., 3rd BCT, during the Tropic Lightning Week softball tournament at Schofield Barracks, Oct. 6. Maves was a former sergeant and infantryman assigned to 2-35th Inf. Regt. during the Vietnam War in June 1969-June 1970.**

“I know we were far up into a place called Buon Ma Thuot, which was quite a ways south of Pleiku,” he said, “so there was a big area of operations for us.”

He described his combat experience as nothing heavy against the Communist Viet Cong.

“I got shot at and mortared,” he said. “No major firefights. I was in the right place at the right time.”

Near the end of time in Vietnam, Maves returned to his original infantry platoon.

“So I finished my last six weeks with the infantry, and that was a tough six weeks,” he said.

The anxious husband and father was ready to return stateside in June 1970, especially after his second daughter had been born while he was deployed.

“I was really happy to get out of there,” he said. “Overly happy to get out of Vietnam.”

Even after he had gone home and finished his two years in the Army, the memories of the friends he had made in 2-35th Inf. Regt. never left his mind.

“I missed the guys I was with,” he said. “I think everybody did that. I wouldn’t say attached, but you became pretty good friends with some of these guys.”

During the years and decades that passed, contact was lost with them until he heard about the first Cacti 35th Inf. Regt. Reunion in 1999.

“I couldn’t make that one,” he said, “(but) I have gone to 16 in a row since 2000.”

The Cacti reunions allowed old friends and comrades in arms to meet up once a year.

“We have 15 of us that were in the ’69-’70 range,” he said. “I feel like I have friends all across the country.”

Maves has faced questions about his service in the U.S. Army during the Vietnam War over the years.

“I’ve been asked if I regret going to Vietnam,” he said. “No way. I’m proud of my service.”

# 25th ID pays tribute to Army history with polo match

Story and photo by  
**SGT. IAN IVES**  
2nd Stryker Brigade Combat Team  
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — A group of select Soldiers played polo on the last day of the 25th Infantry Division’s yearly Tropic Lightning Week, Oct. 8, to honor the Army’s history of horse riding.

This is the second year that polo has appeared at TLW week, and it seems to be an event that will

continue on as tradition.

Soldiers with past riding experience were asked to learn how to play polo and then compete against each other in front of the division. The players played in three matches known as a “chukka,” which is seven minutes of nonstop play.

“Brigade put it out that they needed Soldiers with riding experience to represent our battalion in the polo match,” said Peterson. “Since I have been riding most of my life I stepped up and vol-

unteered.”

Spc. Clinton Peterson, a native of Genola, Utah, and a cavalry scout with 2nd Squadron, 14th Cavalry Regt., 2nd Stryker Brigade Combat Team, 25th ID, was one of five Soldiers who was selected to represent his unit. Peterson has a long past of riding horses since he was a child. He mostly partook in mountain trail and rodeo riding, but had never played polo before.

“To be honest, I hardly knew anything about polo at all before this event,” said Peterson. “Mr.

Hoe, however, was a great teacher. He basically taught us the entire game in almost two weeks. It was pretty difficult to play at first. There are many tedious tasks that you don’t notice, but once you practice it like we have, it becomes second nature.”

Allen Hoe, a native of Kailua, Hawaii, who has more than 30 years of experience playing polo, was asked to teach Peterson and other selected riders to play. Last year was Hoe’s first time taking a part in TLW by teaching Soldiers to play polo.

Originally asked to hold a demonstration of the game himself last year, Hoe suggested teaching Soldiers themselves to play the game for the unit. This year under Hoe’s coaching, Soldiers practiced six days a week for more than three hours a day, two weeks leading up to TLW.

“This was not my first time teaching polo to Soldiers,” said Hoe. “It is a long arduous process, because even though all of the players have more than 10 years of experience, there is a difference between riding horses and playing polo. So, a lot of the players who came out learned that there is still much to be desired when learning to ride and play polo.”

Hoe said that, at first, the Soldiers were unsure about the game, but after some practice began to fall in love with the sport. This showed at the event as Soldiers galloped up and down the field playing with much enthusiasm and pride.

“It was amazing to be able to represent 2-14th Cavalry out on the polo field,” said Peterson. “Riding horses played such a strong role in the history of the Cavalry. Playing polo is not exactly what they used to do, but the notion is there. I am very happy I was able to represent the squadron in front of division.”

At the end of the three chukkas that were played, Soldiers from the 2nd Battalion, 11th Field Artillery Regt., 2nd SBCT, came out on top as the overall victors. With this year’s turn out, Soldiers can look forward to seeing polo in the future to continue honoring the Army’s heritage.



**Spc. Clinton Peterson (right), a native of Genola, Utah, and a cavalry scout with 2nd Sqdn., 14th Cav. Regt., 2nd SBCT, 25th ID, makes a defensive play during the polo match, Oct. 8, which was the game held to conclude Tropic Lightning Week. Polo was introduced into TLW to help Soldiers honor the Army's history of horse riding.**

# 2-27th Infantry wins 3rd straight TLW soccer championship

Story and photo by  
**SGT. BRIAN C. ERICKSON**  
3rd Brigade Combat Team Public Affairs  
25th Infantry Division

SCHOFIELD BARRACKS — The soccer team for 2nd Battalion, 27th Infantry Regiment, “Wolfhounds,” 3rd Brigade Combat Team, 25th Infantry Division, was crowned soccer tournament champions for Tropic Lightning Week for the third consecutive year after winning the championship game on Watts Field, here, Oct. 6.

This year’s tournament started with 20 teams from across the division showing up and hoping for a chance to play in the championship game.

After the first day of competition, only nine teams would see day two of competition. The Wolfhounds, along with three other 3rd BCT teams, were still among the nine teams.

In the first match of day two, 3rd Bn., 7th Field Artillery (FA) Regt., 3rd BCT, was knocked out of the tournament in the final match of round two by 209th Aviation Support Bn. (ASB), 25th Combat Avn. Bde., closing out the final eight teams.

At the same time, on the other field of play, the Wolfhounds were scoring goals against the 65th Bde. Engineer Bn. (BEB) of 2nd BCT, securing their spot in the final four with their sights still on the prize.

Having won the title the past two years, according to a few players on the team, they expected to make it this far in the tournament, but knew that wining wouldn’t come easy.

After the Wolfhounds secured their spot in

the semifinals, the team from 29th BEB, 3rd BCT, defeated the remaining team from 2nd BCT, securing the spot in the final four.

Up next for the 3rd BCT was 2nd Bn., 35th Inf. Regt., hoping to secure its spot in the final four, but it would have to get past 209th ASB who previously knocked 3-7th FA out of the tournament.

The 209th defeated 2-35th Inf. Regt., securing its spot in the final four against 29th BEB.

Going into the semifinal match against the 524th Combat Sustainment Spt. Bn., 25th Sust. Bde., the Wolfhound players seemed confident in their team, but stated they would need teamwork to continue to step up in order to get to the final.

“The cohesion on the team has been great and Soldiers have been stepping up, so hopefully, we can do well,” said Spc. Westin Blakely, Headquarters and Headquarters Company, 2-27th Inf. Regt., 3rd BCT.

By a score of 2-0, the Wolfhounds defeated the 524th, guaranteeing their chance for a third straight championship against the 209th ASB who defeated the 29th BEB by a score of 3-1.

In order to win the final match, the Wolfhounds would have to go through a team that had eliminated all the remaining 3rd BCT teams to get to the final.

Winning the championship game was important to the Wolfhounds, but according to Blakely, the tournament was more than just winning; it was about the cohesion and camaraderie between the Soldiers that mattered.

With a third straight title in hand, the team is looking to compete at the next level of play.

“After winning this tournament, ... hopefully,

we can go win at the USARPAC (U.S. Army-Pacific) level with this team,” said Spc. Christopher Mione, Bravo Co., 2-27th Inf. Regt., 3rd BCT.



**A Soldier for 2nd Bn., 27th Inf. Regt., “Wolfhounds,” 3rd BCT, 25th ID, attempts to get the soccer ball past an opposing player during the soccer tournament of Tropic Lightning Week, Oct. 5.**





# Gimlets give TLW most challenging event

Story and photos by  
**SGT. IAN IVES**  
2nd Stryker Brigade Combat Team  
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — This year, Oct. 5-8, at the 25th Infantry Division’s birthday celebration known as Tropic Lightning Week, the 1st Battalion, 21st Infantry Regiment, “Gimlets,” 2nd Stryker Brigade Combat Team, 25th ID, ran the most challenging competition known as the Team Assault Course.

Of all the other competitions being held during TLW, the TAC is the only one that tests Soldiers on tasks that are conducive to the Army mission.

The TAC is a multi-event competition that involves a team of no less than five Soldiers, one being a female, to navigate the course, which is comprised of a medical lane; a chemical, biological, radiation and nuclear lane; a weapon systems lane; and a seven-mile ruck.

The team also had to negotiate through the Shoot House, which is a close quarters firing course where Soldiers had to shoot specific targets and then properly remove them from the Shoot House. To conclude the event, once teams completed all other lanes, they received a written test on the 25th ID’s history.

“The TAC was very physically challenging,” said 1st Lt. Milana Taylor. “I feel like I am in pretty good shape, but the course was pretty difficult.”

Taylor, a native of Selma, Alabama, and a Health Services administration officer with Headquarters and Headquarters Company, 1-21st Inf., was the female Soldier on 1-21st’s TAC team. The other four Soldiers on her team were males from the Scout Platoon with HHC, 1-21st Inf., and are all Ranger qualified.

“My teammates helped to prepare me for the TAC,” said Taylor. “They went over weapons systems with me since I am not as familiar with them. They also helped make sure all of my gear was squared away like theirs in order to not lose points during the competition.”

Unlike many of the other events that Soldiers competed in during TLW, the TAC differed because it is not a sport.

1st Lt. Ian Biel, a native of Canfield, Ohio, and an infantry officer with Co. A, 1-21st Inf., was the officer in charge of creating the TAC and overseeing it while teams competed.

“It is different from the other events of TLW because it challenges the teams with skills and tasks from many different military occupational specialties versus just playing a competitive sport,” said Biel. “This was a good way to assess Soldiers’ physical abilities, as well as their skill level on tasks.”

The course may have been comprised of skill level one tasks; however, it was not for the faint of heart. To increase the difficulty of each lane, extra physical steps were added to complete each task. For example, on the grenade lane, before a team could throw a dummy grenade into the kill zone, the team was required to sprint over 100 meters and then do 15 burpees.

Taylor, despite not being an infantryman and having to endure the amount of physical hardship that her fellow teammates normally do, greeted the challenges anxiously. Not only did she compete in the TAC, but she also competed in the 10K race the following morning. She is constantly pushing herself to better herself as a Soldier and helping change the view of female Soldiers’ capabilities Armywide.

“I had spoken to my commander about going to Ranger when I first got here,” said Taylor. “It is something that I have thought about doing quite often. It is very physically and mentally demanding, and I am always up for that kind of challenge. So, I may try to go in the future.”

With the success of this year’s TAC during TLW, the 25th ID can look forward to seeing more competitions such as this next year. Through competitions such as the TAC, Soldiers can not only compete against each other, but also take away valuable experience of working together as a team.



**A team of Soldiers from 1st Bn., 21st Inf. Regt., 2nd SBCT, 25th ID, moves a mock medical casualty, Oct. 5, on the Team Assault Course during Tropic Lightning Week. The TAC is a multi-event competition that tests a team’s skill level tasks, as well as its physical fitness.**



**Staff Sgt. Eric Mankin (right) and Larry McDaniel, both infantrymen with HHC, 1st Bn., 21st Inf. Regt., 2nd SBCT, 25th ID, drag a casualty out of the Shoot House, Oct. 5, during the Team Assault Course. The Shoot House is a close quarters firing range where teams competing in the TAC must navigate and hit as many targets as possible.**



**Above, Staff Sgt. Eric Mankin (right) and Larry McDaniel, both infantrymen with HHC, 1st Bn. 21st Inf. Regt., 2nd SBCT, 25th ID, call up a nine line MEDEVAC, Oct. 5, on the Team Assault Course. Below, 1-21st Warriors evaluate a casualty on the medical lane of the TAC, Oct. 5.**



# Veterans, families watch 1-27th CAPEX

Story and photos by  
**SGT. IAN IVES**  
2nd Stryker Brigade Combat Team  
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Veterans and families of the 25th Infantry Division gathered at Area X-Ray, Oct. 8, to view a Capabilities Exercise run by 1st Battalion, 27th Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th ID.

The CAPEX was a realistic training mission that demonstrated the performing units’ abilities on the battlefield.

The exercise was held this year for Tropic Lightning Week and had dual purposes. Not only was the unit validating its skills in combat, but also demonstrating skills to the public.

“The purpose of this exercise and the reason we invited guests is so that we can bridge the gap between the local civilians and the U.S. Army,” said Anders. “Civilians have their idea of what we do, but we would like to show them what we do and what we are capable of doing to defend our nation. Additionally, it shows them the reason why we cause so much noise during our training exercises.”

Maj. Martin Anders, a native of Glendale, Arizona, and the executive officer for 1-27th Inf., was the officer in charge of the CAPEX for this year’s TLW. Anders played a pivotal role as the OIC having to coordinate the placement and movements of the units within 1-27th Inf., as well as 2nd Bn., 11th Field Artillery, and 3rd Bn., 25th Aviation Regt.

Though the exercise was to showcase 1-27th Inf., it was vital to include collaborating units, as they would be used in a deployed environment. The amount of realism that the units displayed gave spectators an accurate and powerful presentation of how they perform in actual combat.

“It was a pleasure to watch the CAPEX, other than the fact that it was the Wolfhounds and not the Golden Dragons,” said Jones, laughing. “But seriously, it was impressive. The mobility that they have with that amount of firepower is a whole new world to me. The coordination with the artillery and aviation was just im-



**Soldiers of the 2nd Bn., 11th FA Regt., 2nd SBCT, 25th ID, open fire with the M777 Howitzer during a CAPEX rehearsal, Oct. 8, at Area X-Ray. Soldiers of the 1st Bn., 27th Inf. Regt., 2nd SBCT, performed the CAPEX during Tropic Lightning Week to demonstrate their combat readiness to their chain of command and the local community.**

pressive.”

Tom Jones, a native of Cleveland, Ohio, and a retired U.S. Army lieutenant colonel, traveled from his home to Hawaii specifically to experience TLW. Jones, who served with the 1st Bn., 14th Inf. Regt., 2nd SBCT, from 1963 to 1966, has been supporting the 25th ID for many years, including contributing to the building of the Vietnam War Memorial located at Division Headquarters.

“I love to come back to support the 25th ID because Soldiers are part of the 1 percent of America (who) carry the load of defending the nation’s freedom,” said Jones. “I appreciate it and I wish others to as well.”

Helping civilians and military families to understand what the Army’s mission is was a key point of the CAPEX.

“We are hoping to maintain a better relationship with the civilian community after this exercise,” said Anders. “With the last 12 years of combat overseas, we have lost touch with our



**A UH-60 Black Hawk with the 3rd Bn., 25th Avn. Regt., 25th CAB, 25th ID, provides MEDEVAC support, Oct. 8, to the 1st Bn., 27th Inf. Regt., 2nd SBCT, during the CAPEX.**

community roots. We hope to rebuild that with demonstrations like this.”

With this CAPEX, the 1-27th Inf. is not only bridging the gap between the local community and the Army, but also proving to the chain of command that it is still more than capable to accomplish any combat mission necessary.

# 3-25th Avn. shows its capabilities

**1ST LT. SAMANTHA JEWELL**  
3rd Battalion, 25th Aviation Regiment,  
25th Combat Aviation Brigade Public Affairs

SCHOFIELD BARRACKS — The 3-25th Aviation Regiment, 25th Combat Aviation Brigade, participated in the 25th Infantry Division Capabilities Exercise, or CAPEX, here, Oct. 8.

Aircrews demonstrated a few capabilities of the General Support Avn. Battalion (GSAB).

Company A, the command aviation company, displayed one of its various missions by conducting a UH-60L multi-ship air assault.

Company B, the heavy helicopter company, exhibited its lift capabilities by slinging an M777 into position for 25th Div. Artillery.

Company C, MEDEVAC, evacuated a patient, demonstrating its quick and precise skills.

“The CAPEX was a great way to demonstrate to the community our aviation capabilities,” said Chief Warrant Officer Carlos Acevedo, battalion standardization pilot. “Our aircrews, from 3-25th Avn. Regt., demonstrated some of the capabilities of the UH-60L, CH-47F and the HH-60M. Aviation assets provide the ground forces the ability to quickly project combat forces across the battlefield.”

The GSAB has the ability to be a self-deployable and self-sustaining battalion. The capabilities shown during the CAPEX are only a few skills of the flight companies within the battalion.

The GSAB is also comprised of an Avn. Maintenance Co., a Forward Spt. Co., an Air Traffic Services Co., and a Headquarters Co. The battalion’s capabilities range from VIP missions, water bucket operations, deck landings, helo-cast and rappel operations to air traffic controllers, maintenance support and all refuel operations.

The GSAB is continuously improving and learning new skills for all future operations.



# SHARP is wearing teal on Tuesdays - all year long

LISA CHARLES  
SHARP Program Manager  
U.S. Army Hawaii

Many awareness campaigns around America have a designated day, week or month, as well as a designated ribbon color in their quest to maintain awareness.

For the Army’s Sexual Harassment/Assault Response and Prevention (SHARP) Program, the larger-scale awareness events are primarily focused in April. However, sexual assault prevention, awareness and response are year-round, 24/7 tasks.

To that end, the U.S. Army Hawaii SHARP office has started its own awareness campaign by asking the USARHAW SHARP team to wear teal on Tuesdays, all year long.

The reason behind this “Teal Tuesday” campaign is SHARP’s inherent need to ensure Soldiers and their family members know who they can come to in the event they experience a sexual assault.

An individual may not want to report a sexual assault to his or her unit sexual assault response coordinator (SARC) for personal reasons and may feel he or she has no other alternatives. That is not the case. In fact, USARHAW SHARP has over 50 credentialed SARCs and victim advocates at various levels and throughout various Hawaii military installations who can help them with reporting a sexual assault and receiving advocacy services.

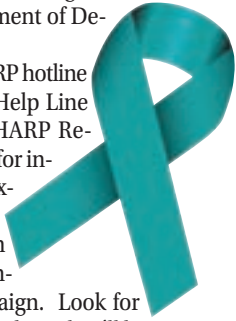
Sexual Assault Awareness and Prevention Month is every month and our USARHAW SHARP team stands

ready to help individuals who experience a sexual assault.

Our SHARP team is comprised of Soldiers and civilians, males and females, all of whom have met the stringent requirements set forth by the Department of Defense to receive credentialing.

In addition to the USARHAW SHARP hotline (808-655-9474) and the DOD Safe Help Line (877-995-5247), the USARHAW SHARP Resource Center is another alternative for individuals who have experienced a sexual assault to receive assistance.

The USARHAW SHARP Program is a proud member of the Senior Commander’s 4S “Take A Stand” campaign. Look for your SHARP representatives on Tuesdays; they’ll be wearing teal.



**Breastfeeding**— Per the Army’s “Stand-To,” issued Tuesday, commanders will designate a private space with locking capabilities, an electrical outlet and access to a safe water source for Soldiers to express milk, based on Secretary of the Army John McHugh-approved Army Directive 2015-37, Breastfeeding and Lactation Support Policy (at [www.apd.army.mil/pdffiles/ad2015\\_37.pdf](http://www.apd.army.mil/pdffiles/ad2015_37.pdf), effective Sept. 29).

If the designated space is within a restroom, it will be a fully enclosed, separate area designated for breastfeeding or expressing milk (i.e., not a bathroom stall).

The policy is not too prescriptive to afford commanders the flexibility to support the unique needs of women Soldiers who request breastfeeding and lactation support.

**Hawaii’s 50th Anniversary of Vietnam**— The Commemorative Committee is compiling a database of Hawaii-based Vietnam-era veterans. The committee is leading the

state’s efforts to honor the service and sacrifice of Vietnam-era veterans, from 1955 through 2017.

There are an estimated 36,000 Vietnam-era veterans living in Hawaii. The committee is attempting to collect contact information on all Vietnam-era veterans to ensure that they are invited to upcoming events and that they receive the honors to which they are entitled. This includes their families, especially families who have lost loved ones during the Vietnam War.

To register, veterans or their family members, should visit <http://dod.hawaii.gov/ovs/50th-anniversary-vietnam/register-for-more-information>.

Visit the Office of Veterans Services at [www.dod.hawaii.gov/ovs](http://www.dod.hawaii.gov/ovs) and click on the link to 50th Anniversary website.

Information entered into the database will be kept confidential and will not be shared with any other organizations, agencies or sales representatives.

Call Lt. Col. Charles Anthony, State of Hawaii, Department of Defense director of Public Affairs, at 733-4258.

**23 / Friday**  
**HHD CoC**— Headquarters and Headquarters Detachment, U.S. Army Garrison-Hawaii, will hold a change of command ceremony

emony at 10:30 a.m., Oct. 23, behind Bldg. 104 (the Directorate of Public Works building), on Wheeler Army Airfield.

Capt. Jennifer L. Nicholas will assume command from Lt. Naomi F. Sirignano.

**28 / Wednesday**  
**CIE**— The next Community Information Exchange is at 9 a.m., Oct. 28, at the Nehelani. Participants will learn about events and activities happening in U.S. Army Hawaii the next 90 days, and they can ask questions of subject matter experts.

**31 / Saturday**  
**Halloween**— The observance will be celebrated from 6-9 p.m., Oct. 31. The Directorate of Emergency Services will provide increased security presence in the community and hand out chemical-light souvenirs.

**November**  
**16 / Monday**  
**AFAP**— The Army Family Action Plan Conference is from 8 a.m. to 12 noon, Nov. 16-17. Soldiers and family members can submit quality of life issues for AFAP at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil); simply click the AFAP button at bottom left.



**21 / Wednesday**  
**Airdrome Road**— There will be a partial lane closure to allow for utility installation at the intersection of Wheeler’s Sterling and Airdrome roads.

Airdrome Road will be converted from a two-way road to a one-lane contra-flow. The first phase, will be Oct. 21; Phase 2 will be Oct. 21-31.

**November**  
**18 / Wednesday**  
**Leilehua Closure**— Schofield’s Leilehua Avenue will be closed in phases in or-

der to reconstruct the road.

- Curb repair will take place until Nov. 18.
- Phase 1 of Leilehua between Macomb and Kline/Gordon Lane will be Nov. 19-25.
- Phase 2 between Kline/Gordon Lane and Stoneman Field Road will be Nov. 30 to Dec. 4. There will be no access to the parking of Bldg. 645, Family and Child Care and Garrison Sports Office.
- Phase 3 between McCornack and the Stoneman Field Road will be Dec. 7-11.
- Phase 1 through 3 closures will be 24 hours a day, seven days a week. The lanes between Leilehua and Waianae Ave that fall within the closed portions of Leilehua will be made two-way for res-

idents only.

On these lanes, there will be no parking in the Leilehua bound side of the road and no parking within 100 feet from Leilehua Avenue. The 100 feet no parking area will be used for cars to turn around.

- Top lift paving and striping will be performed 8 a.m.-4:30 p.m., Dec. 14-17. The contractor will have appropriate safety signs and barriers when the parking lot closes.

## Ongoing

**Kolekole Closure**— There is an ongoing lane closure on Schofield’s Kolekole Avenue outbound between Flagler Road and Devol Street.

The right lane on Kolekole outbound will be closed in front of Bldgs. 2623, 2624 and 2625, daily, 8 a.m.-3 p.m.

Traffic entering and exiting Burger King, Popeye’s, the gas station and mini-mart will not be affected by this closure. Construction is scheduled to end Oct. 23.

**AMR**— The intersection of Plumeria and Bougainville loops on Aliamanu Military Reservation will have alternating lane closures through Oct. 23 for underground utility installation.



Leilehua will undergo three phases of construction.

# Postal security is needed

TIMOTHY HALE  
Army News Service

FORT BRAGG, North Carolina — It’s that time of year again when cards, letters and packages are delivered to homes and offices across the country and around the world.

Given the risk of potential terrorism against military members and their loved ones in recent months, it is a good idea to review how to identify suspicious letters and packages that may find their way to your mailbox or doorstep.

According to the U.S. Postal Service Inspection Service, in 2014, inspectors responded to more than 2,546 incidents involving suspicious items, substances, powders or liquids in the mail or at postal facilities. Of those, 83 involved potential improvised explosive devices, though no injuries or fatalities were reported.

Because of this persistent threat, Anthony Perry, the U.S. Army Reserve Command, or USARC, postal and official mail manager, has a few tips to use not only this holiday season, but throughout the year.

Perry, who retired as a U.S. Army postal operations master sergeant, served as the U.S. Army Europe postal inspector and postal training specialist before coming to USARC in 2009. He said that suspicious packages and letters have been common throughout American postal history well before the 9/11 terrorist attacks on the United States. He cited letter and parcel bomb attacks aimed at American personnel stationed in Europe during the 1980s primarily by the Red Army Faction.

“We all have to be vigilant and understand what the indicators are of suspicious letters and packages,” Perry said. “Taking the risks involved, we need to know how to handle official military mail, as well as personal mail at our homes.”

Perry said that everyday in the United States, thousands of pounds of mail are processed and delivered.

“When you look at that, it’s very easy to see how someone could place something inside the mail that shouldn’t be there, with the main focus to cause bodily harm or property damage,” Perry said, adding that family members should be aware, as well, especially with the holidays right around the corner.

Perry said that many times the postman or other delivery services leave packages on doorsteps, and the neighbors will think nothing of it. However, if you were not expecting a package at home that should be your first warning sign, he explained. He advises visually inspecting the package without touching or picking it up.

Some suspicious package indicators include these:



- No return address,
- Excessive or no postage,
- Improperly spelled name,
- Signs of leaking liquids or powder,
- No official postal markings or delivery service markings, and
- Lopsided or poor wrapping.

Perry said excessive weight could also be an indicator that something is amiss. Most letters weigh 1-3 ounces; effective mail bombs will weigh more than 2 ounces and will usually be thick in size, i.e., 3/16 of an inch or larger.

“Mail bombs are rugged,” Perry said. “They are designed to pass through the mail system without activation while being processed and transported.”

Perry said if you suspect a suspicious letter or package at your home, call 911. He did caution that cell phones could trigger some bombs, so it may be best to move away from the home before making the call.

“Senior leaders receive mail all the time,” Perry said. “If you have been doing mail operations for awhile, you should know where mail normally comes from in your chain of command and who it would be addressed to.”

“In addition to checking the letter or package as you would at your home, you need to check it for proper spelling, titles and addresses. If something looks suspicious, you need to contact your supervisor or physical security personnel in your facility,” he explained.

For more information about postal security, contact your local postmaster.

# DPW emphasizes all are responsible to conserve

SANTIAGO HERNANDEZ  
Directorate of Public Works  
U.S. Army Garrison-Hawaii

October is the Department of the Army’s Energy Awareness Month.

“In commemoration of National Energy Awareness Month, the Obama administration is kicking off a month of clean energy events and activities,” says the White House website. “Senior administration officials across the federal government will be highlighting the work they are doing to position our country for a sustainable future, create new, clean energy jobs and lay the foundation for our long-term economic security.”

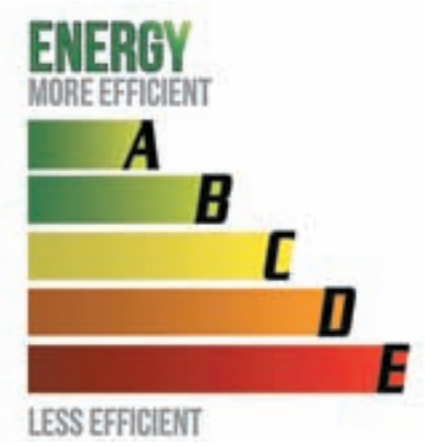
In order to support our government’s energy initiatives, U.S. Army Garrison-Hawaii’s Directorate of Public Works (DPW) is dedicated to assisting all military units, directorates and civilian contractors to better understand the cost of energy and our collective responsibility to use, conserve and protect it.

We must simultaneously support U.S. Army-Pacific’s local, regional and global commitments.

As an example, this month DPW is hosting the quarterly Environmental Quality Control Committee (EQCC) meeting, which is chaired by Maj. Gen. Charles Flynn, senior commander, U.S. Army Hawaii (USARHAW), and commander, 25th Infantry Division.

Command teams from across USAHAW are invited to attend, in order to receive the latest energy and environmental trends, and to discuss new strategies to improve energy use, environmental compliance and awareness.

Additionally, DPW is committed to “(coordinating) energy conservation efforts with all our military units and Hawaii-garrison based organizations,” said DPW energy manager Keith



Yamanaka. “Furthermore, we have developed unit energy conservation officer (UECO) and building energy monitor (BEM) training programs and invite all units to attend.

“Our DPW energy conservation manager conducts day and night audits more so to facilitate our intentions and conservation efforts,” Yamanaka added. “Our immediate and long-term goal is to help organizations resolve their energy issues, particularly on the spot and at the user level. We want to help fix energy problems, not create them.”

DPW will continue to do what it needs to do, in order to develop energy conservation momentum.

“We want to work with everyone: the Army, AAFES and civilian contractors – whomever,” said Colin Watanabe, Engineering branch manager. “Last month, my energy team reached out to the Hawaii AAFES (Army and Air Force Exchange Service) general manager, Robert Rice, and discussed ways to collectively work together and reduce energy consumption.”

To date, store managers are complying with simple energy conservation adjustments.

“AAFES has also removed lamps for over 342 vending machines throughout USAG-HI, which helps conserve 533,725 kilowatt-hours of electricity, thus saving the Army over \$65,009 annually,” Watanabe added. “AAFES is on board and we are grateful; however, we need everyone to do their part.”

Hawaii experienced an unusual summer with above-average temperatures. USAG-HI residents and organizations should expect to enter a cooler part of the year. Everyone should take the opportunity to use less and conserve more.

Using less lighting by one third, ensuring that computers and printers are off when not in use and ensuring air condition thermostats are set at 74 degrees Fahrenheit (window units are off when not in use), without a doubt, will help save money – which equates to using less energy and releasing less carbon into the atmosphere, which is good for the environment.

A decreased energy bill means more money can be spent on training Soldiers and developing garrison infrastructure projects.

Conserving energy makes everyone a winner, so let’s all do our part during Energy Awareness Month. If you need to use it, use items responsibly. If not, shut them off.

Everyone is an energy conservation officer. Pass it on!

(Note: Hernandez is DPW’s energy conservation manager.)





Eric Mueller of the Civil War Round Table of Hawaii re-enacts a Civil War battle “charge” for the audience at Living History Day at the Tropic Lightning Museum.

# Living History Day celebrates Tropic Lightning Week

Story and photos by  
**DON ROBBINS**  
Contributing Writer

SCHOFIELD BARRACKS — Military history admirers gathered at the Tropic Lightning Museum for Living History Day, here, Saturday.

This annual event celebrating the inception of the 25th Infantry Division in October 1941 featured music by the Tropic Knights’ big band and Celtic Kula Bagpipers, the Hawaii Jitterbugs swing dancers, activities such as camouflage face-painting for children, and presentations by historians from the Hawaii Historic Arms Association, the Single Action Shootists of Hawaii and the Civil War Round Table of Hawaii.

The event also included a color guard from the Farrington

High School Army JROTC to begin the ceremony, and a demonstration by K-9 Military Working Dogs.

**Military life**

Eric Mueller, a living historian (re-enactor), who was dressed in the traditional uniform and gear of a Union Soldier in the Civil War, described to museum visitors the details of Army life in the 1860s.

Depicting a sergeant in the Union Army, Mueller, a member of the Civil War Round Table of Hawaii, had a rifle musket, a cartridge box of ammunition, a canteen, a bayonet and a haversack.

The haversack held food rations and important things that the Soldier didn’t want to lose, such as maybe a Bible and treasured personal items from home.

“The entire equipment is going to weigh about 40 to 60 pounds. He (the Soldier) will be loaded up to sustain himself in the field for three to five days, depending on the campaign,” Mueller said. “The cartridge box he would have carried held 40 rounds of ammunition, which would sustain him for about 20 to 30 minutes of combat time.”

After listening to Mueller, children in the audience volunteered to try on a Civil War-era uniform. Patrick Brown, age 12, suited up in the traditional woolen clothing of the Civil War Soldier and his gear.

“It (the uniform and gear) was heavy, but it was really cool to know what it was like in the field. Wars have changed history,” Patrick said.

He attended the event with his father, Staff Sgt. Shawn Brown, who works in the chaplain section of U.S. Army Garrison-Hawaii.

“This event was a chance to let him (Patrick) see history and how wars have changed and progressed as we’ve gone on,” Shawn said.

Dressing up as a Civil War Soldier gave his son a chance to get a hands-on visual and physical sensation of what it was like back then, Shawn added.

Mueller also gave out some samples of hardtack, a cracker-like biscuit that Soldiers on the march would eat.

Although Living History Day celebrates the history of the 25th ID and the Civil War was fought many years prior to the establishment of the 25th ID, members of the Civil War Round Table of Hawaii pointed out that there is a direct connection between Hawaii and the Civil War.

Anita Manning of the Round Table said that there were many Native Hawaiians and others from the Kingdom of Hawaii who traveled to the mainland U.S. to participate as individuals in the Civil War as combatants, the vast majority of whom fought for

the North.

A group called Spencer’s Invincibles, led by Hilo merchant Thomas Spencer, tried to form a company of recruits to join the Union cause, but was not allowed to join as a company.

“It would have crossed the neutrality line for them to go as a unit,” said Manning.

Besides the Civil War activities, at the tent set up by the Hawaii Historical Arms Society, visitors saw a display of memorabilia and weapons from a more recent era, from World War II to the Vietnam War.

“One of the purposes of the Hawaii Historic Arms Association is to educate the public. We’re pleased to come here to Tropic Lightning Museum and let folks who are serving and visitors see some of the history, as expressed in the firearms we have on display here,” said Brian Isaacson of the Hawaii Historic Arms Association.

Soldiers from today’s Army at Schofield Barracks represented the present with modern military technology. They were at a booth on the opposite end of the lawn from the Civil War Round Table and the Hawaii Historical Arms Association demonstrating (unloaded) weaponry currently used by the Army.



From left, Eric Mueller and Justin Vance of (dressed as members of Spencer’s Invincibles) of the Civil War Round Table of Hawaii re-enact a Civil War battle.



Visitors look at the displays of firearms at the Hawaii Historic Arms Association’s tent.



Colin Chang of the Hawaii Historic Arms Association wears a historic military uniform with firearm at the Living History Day event.





Briefs

Today

**Employment Readiness** — ACS conducts a networking and interviewing workshop, 10 a.m.-noon, at SB ACS. Among topics are building a LinkedIn profile, receiving tips on working job fairs and preparing for a job interview. Call 655-4227.

**Grill Your Own Steak Night** — FS Hale Ikena lets you grill your own steak, 3-8 p.m., every 1st and 3rd Friday on Mulligan’s lanai for \$13.95, or let one of the chef’s grill it for an extra \$3. All steaks are served with a baked potato and the chef’s choice vegetable. Call 438-6715.

17 / Saturday

**SB Kolekole Bar & Grill** — Weekend restaurant services now offered, 11 a.m.-6 p.m., Saturdays, and 6 a.m.-3 p.m., Sundays.

18 / Sunday

**FS Sunday Brunch** — Enjoy Sunday brunch at Hale Ikena from 10 a.m.-1 p.m. Visit [www.himwr.com/images/dining/haleikena/2015-Hale-Ikena-Sundaybrunch-menu.pdf](http://www.himwr.com/images/dining/haleikena/2015-Hale-Ikena-Sundaybrunch-menu.pdf) for a full menu. Call 438-1974.

21 / Wednesday

**Federal Job Seminar** — ACS Employment Readiness hosts federal resume guru Kathryn Troutman in a two-part seminar workshop, beginning at 9 a.m., at the SB Nehelani. Register with ACS Employment Readiness at [www.himwr.com/acs](http://www.himwr.com/acs); select “class calendar” or call 655-4227.

**Preschool Storytime** — SB Sgt. Yano Library hosts, 10 a.m., every first and third Wednesday of the month. Call 655-8002.

**BOSS Meetings** — Hooah! Single Soldiers and geographic bachelors are highly encouraged to attend BOSS meetings every Wednesday of the month to discuss community service projects and fun upcoming programs. Get involved and make a difference.

- North meetings are held at SB Tropics, every 1st and 3rd Wednesday, at 3 p.m.
- South meetings are held at the FS Bowling Center, every 2nd and 4th Wednesday of the month, at 10 a.m. Contact the BOSS program at 655-1130.

22 / Thursday

**ACS Marriage Support** — “Laugh Your Way to a Better Marriage” when doors open at 5:30 p.m. at SB Chapel Annex, Bldg. 791. This event is designed to bring hope and



Photo courtesy of the Blue Angels

F/A-18 Hornet strike fighter aircraft assigned to the U.S. Navy flight demonstration squadron, the Blue Angels, perform acrobatics.

Marines welcome Blue Angels, public at K-Bay this weekend

MARINE CORPS BASE HAWAII  
News Release

MARINE CORPS BASE HAWAII, Kaneohe Bay — MCBH officially announces plans to host an Open House and Air Show, this weekend, Oct. 17-18.

This year’s show will feature the U.S. Navy’s premier flight demonstration team, the Blue Angels, along with many other professional performers.

The Blue Angels will use F/A-18 Hornet aircraft to exhibit the choreographed refinement of skills possessed by all naval aviators.

There will also be demonstrations by the Blue Angels’ C-130 Hercules support aircraft, known affectionately as “Fat Albert,” a reference to the

1970s popular cartoon character.

The Blue Angels Flight Demonstration Squadron is among the most popular aviation acts in the world, entertaining approximately 11 million people, last air show season.

Festival

The air show will also offer static displays of vintage and modern aircraft, food booths and a carnival midway for kids featuring rides, games and more.

The open house aspect of the air show provides the community a firsthand look at Marine Corps capabilities while showcasing the Corps’ proud heritage and agile future.

MCBH’S last air show was in 2012,

drawing nearly 110,000 people during the two-day event.

The event is open to the public with free admission and free parking. The gates are tentatively set to open to the public at 9 a.m. on both days.

Security restrictions will be in place.

More Online

Contact MCB Hawaii Public Affairs at (808) 257-8832 or email [kaneohebayairshow@gmail.com](mailto:kaneohebayairshow@gmail.com) with questions or concerns.

For more air show details, visit [www.kaneohebayairshow.com](http://www.kaneohebayairshow.com).

positive change, improve communication and rekindle the romance in your marriage.

Free on-site child care and dinner provided. Contact ACS to register at 655-4227.

23 / Friday

**Career Fair** — Meet employers, conduct on-site interviews and, most importantly, bring your resume, 10 a.m.-2 p.m., at the SB Nehelani. Register with ACS Employment Readiness at [www.himwr.com/acs](http://www.himwr.com/acs) and select “class calendar” or call 655-4227.

Ongoing

**Tropics Closed** — SB Tropics Recreation Center will be closed until early fall 2015 for building improvements. Renovations will include a full bar, redesigned bar layout, additional TV screens, upgraded beverage and food menus, and much more.

Check back for updates at [HimWR.com](http://HimWR.com).

SKIES Unlimited School of Art

— Has your child always wanted to learn to play the guitar, drums or keyboard? SB classes are offered Tuesdays; AMR SKIES Studios classes are 3 p.m., Wednesdays.

Open to CYS Services registered children ages 7-18 at \$55/month. Call 655-9818.

Mexican Cuisine Lunch Buffet

— New Tuesday buffet, 11 a.m.-1 p.m., at FS Hale Ikena. Features beef tacos w/fixings, chicken fajitas, Spanish rice, refried beans, buttered corn, soup and salad for \$10.95. Call 438-1974.

**Torch Club** — The Torch Club is looking for volunteer teen leaders. Torch Club members help plan and organize teen events, manage the teen lounge, attend leadership camps and trips, meet new teens and have fun participating in leadership and social activities.

Meetings are held 3:30 p.m., once a week, at the FS Teen Lounge. Call 438-6470.

Pacific Teen Panel

— AMR/FS Teen Center Teen Panel is looking for interested teens who want to serve on the PTP for the AMR/Tripler/FS communities.

Teens must be CYS Services registered, in the 9th-11th grade, and participate in youth activities. PTP participants are advocates for their peers participating in monthly teleconference calls with other youth in the Pacific.

Call the AMR Youth Center at 833-0920 or FS Middle School and Teen Program at 438-6470.

SKIES Unlimited Hula Classes

— SB and AMR host hula classes for \$35/month.

Call 655-9818 for class availability or visit [www.himwr.com](http://www.himwr.com) for more details.

Auto Repairs

— Services are now offered by Tech-Center Hawaii at the SB Auto Skills Center. Get quality repairs at affordable prices. Call 888-2931 or 769-7454.



Send announcements a week prior to publication to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

Today

**Gift Wrapping** — Family readiness groups authorized to operate on USAG-HI may register to participate in annual holiday gift wrapping fundraisers at the Schofield Exchange through Nov. 2. Send a request to [usarmy.wheeler.imcom-pacific.mbx.fundraising@mail.mil](mailto:usarmy.wheeler.imcom-pacific.mbx.fundraising@mail.mil). A random drawing will be held Nov. 4. Fundraising dates are Nov. 27-Dec.24, from 9 a.m.-8 p.m., daily and Saturdays; from 10 a.m.-6 p.m., Sundays. Call 656-0102.

16 / Friday

**Food and New Products Show** — Weekend show begins Friday night, 5-10 p.m., Blaisdell Exhibition Hall, and features 200 exhibitors with new products for the home kitchen,

food samplings, live cooking demonstrations from local restaurants and a farm-to-table local farmers market.

17 / Saturday

**KoleKole Walking-Hiking Trail** — The trail is closed, Oct. 17-18, due to live-fire training.

**Free Movie Screening** — The movie “Goosebumps” will be shown, 5 p.m., at the Hickam Memorial Theatre. Doors open at 3 p.m. Tickets are available at the Hickam Food Court. Call 422-4425.

**Schofield Exchange** — The Schofield main store has been selected to have a New Balance promotional event, 10 a.m.-3 p.m., Oct. 17. Representatives will be present to assist customers with any questions on their products. A 20 percent discount and a variety of T-shirts, bags, water bottles, etc., will be provided to customers.

20 / Tuesday

**Family Night** — Enjoy AMR family gatherings at 5:30 p.m. every Tuesday at the AMR Chapel. This broad-ranging Christian program features

fellowship and Bible study from 6:15-7:30 p.m. Child care is provided. Call AMR Chapel, 839-4319.

Schofield Family Night is held Wednesdays at 5:30 p.m.

23 / Friday

**“Raisin in the Sun”** — The Actor’s Group performs at Powell Theatre, Dole Cannery, beginning Oct. 23, and continuing weekends through Nov. 15. Military tickets are \$15. Make reservations at 722-6941 or online [www.taghawaii.net](http://www.taghawaii.net). Call 741-4699 for more details.

30 / Friday

**Russell Peters’ “Almost Famous Tour”** — Comedian performs at the Blaisdell Center Concert Hall, 8 p.m., featuring his fast-paced observations that made him a hit on the NBC show “Last Comic Standing” and in the movie “Chef.” Tickets at the NBC box office or at [www.ticketmaster.com](http://www.ticketmaster.com).

31 / Saturday

**Halloween** — On-post Halloween trick or treat hours will be

Ongoing

Duke Kahanamoku Walking Tour

— To mark the 125th anniversary of the birth of Hawaiian-American swimming legend Duke Kahanamoku, historian Steven Fredrick will host, 11 a.m., “The Duke Kahanamoku Walking Tour,” in Waikiki, on Saturdays through November. The cost is \$40 (\$30 with military ID). Reservations are required. Call 395-0674.

Kuhio Beach Hula Show

— Free show, 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach Hula Mound, near the Duke Kahanamoku statue, weather permitting. Cameras are welcome and seating is available on the grass with beach chairs. Call 843-8002.

See Community B-6



Additional religious services, children’s programs, educational services and contact information can be found at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil). (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
  - 8:30 a.m. at AMR
  - 10:30 a.m. at MPC Annex
  - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at Soldiers’ Chapel and 12 p.m., TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at Wheeler Annex

Protestant Worship

- Sunday Services
  - 9 a.m. at MPC
  - 9 a.m., at FD, TAMC chapel
  - 10 a.m. at HMR
  - 10:30 a.m. at AMR
  - 11:30 a.m. at WAAF (Spanish language)
  - 11 a.m. at SC (Contemporary)
- Liturgical (Lutheran/Anglican)**
- Sunday, 10 a.m. at WAAF



Temporarily closed for maintenance



Schofield Barracks

Sgt. Smith Theater

remains closed for

Directorate of Public Works

maintenance work.

Call Schofield

Exchange at

237-4502/4572.



Calendar abbreviations

- 8th TSC: 8th Theater Sustainment Command
- 25th ID: 25th Infantry Division
- ACS: Army Community Service
- AFAP: Army Family Action Plan
- AFTB: Army Family Team Building
- AMR: Aliamanu Military Reservation

- ASYMCA: Armed Services YMCA
- BCT: Brigade Combat Team
- BSB: Brigade Support Battalion
- Co.: Company
- CYSS: Child, Youth and School Services
- EFMP: Exceptional Family Member Program
- FMWR: Family and Morale, Welfare and

- Recreation
- FRG: Family Readiness Group
- FS: Fort Shafter
- HMR: Helemano Military Reservation
- IPC: Island Palm Communities
- PFC: Physical Fitness Center
- SB: Schofield Barracks

- SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
- TAMC: Tripler Army Medical Center
- USAG-HI: U.S. Army Garrison-Hawaii
- USARPAC: U.S. Army-Pacific
- WAAF: Wheeler Army Airfield



# National Night Out features superheros, safety, fun

Story and photos by  
**DON ROBBINS**  
Contributing Writer

ALIAMANU MILITARY RESERVATION — A “super” event packed with safety-themed activities took place at Island Palm Communities’ National Night Out celebration, here, Friday, at the community center.

The festivities included kids and adults dressed as superheros, activities for the whole family and the movie “Big Hero 6” on the lawn in the evening.

U.S. Army Garrison-Hawaii and IPC partnered to bring the annual event, which promotes safety and strengthening neighborhood bonds, to the U.S. Army-Hawaii community.

### Family oriented

Interactive exhibits, demonstrations and activities promoting safety within homes and in the community were showcased by IPC, USAG-HI’s Directorate of Emergency Services, Federal Fire Department Hawaii, police officers, the U.S. Army Corps of Engineers, the U.S. Coast Guard, and other agencies and organizations.

The K-9 unit put on a demonstration, and kids had a chance to see the unit’s four-legged heroes in action.

Event-goers enjoyed complimentary pizza, cotton candy, popcorn and shaved ice.

Children found fun with a 16-foot inflatable slide, face painting and balloon twisting booths. Also, mechanical stuffed animals were part of the mix, giving kids of all ages a chance to ride them.



Young bikers are schooled with National Night Out bicycle safety activities including a bike rodeo.

### Focus on safety

Kids rode bikes at the event to test their skills navigating a bike rodeo course, and they tried on bike helmets. Plus, parents got their keiki fingerprinted.

“It’s a great time for the children to come out with their families and get familiar with the first-line services like police and FFD. It’s also a good time to be involved with safety activities. For example, we provide (children) with a bike rodeo, remind them to wear their helmets, to walk their bikes across crosswalks and look both ways when they cross,” said Sgt. Dan Hernandez, Fort Shafter Bike Section noncommissioned officer in charge.

Staff Sgt. Siniva Filo’s son, Lopeti, tried on a firefighter’s heavy protective gear in front of a bright red FFD truck at the National Night Out event. Filo, who works in the U.S. Army-Pacific command group at Fort Shafter, said, “It was a great experience, to teach him (her son) the daily duties of the firefighters who protect us.”

### Safety first

Fire Inspector Angela Sanders of FFD Hawaii, said, “We’re getting out to our community to teach children and families about fire safety.”

Sanders provided information to adults about how often to check their smoke detectors, when to change the batteries and when to replace the detector unit. In addition, fire officials taught children about 911 calls, what to do if their clothes catch fire and how to create fire evacuation plans with their families.

Angela Jones, a park ranger for the U.S.

Army Corps of Engineers, staffed a booth with fellow ranger Samantha Vazquez.

“We’re promoting water safety,” she explained. “Never swim alone, always take a buddy with you, know how deep the water is before you dive in.”

They taught children and their families about the proper way to wear lifejackets, gave them activity books and demonstrations.

The mascot, “Bobber the Water Safety Dog,” even made an appearance and greeted keiki.

### More Online

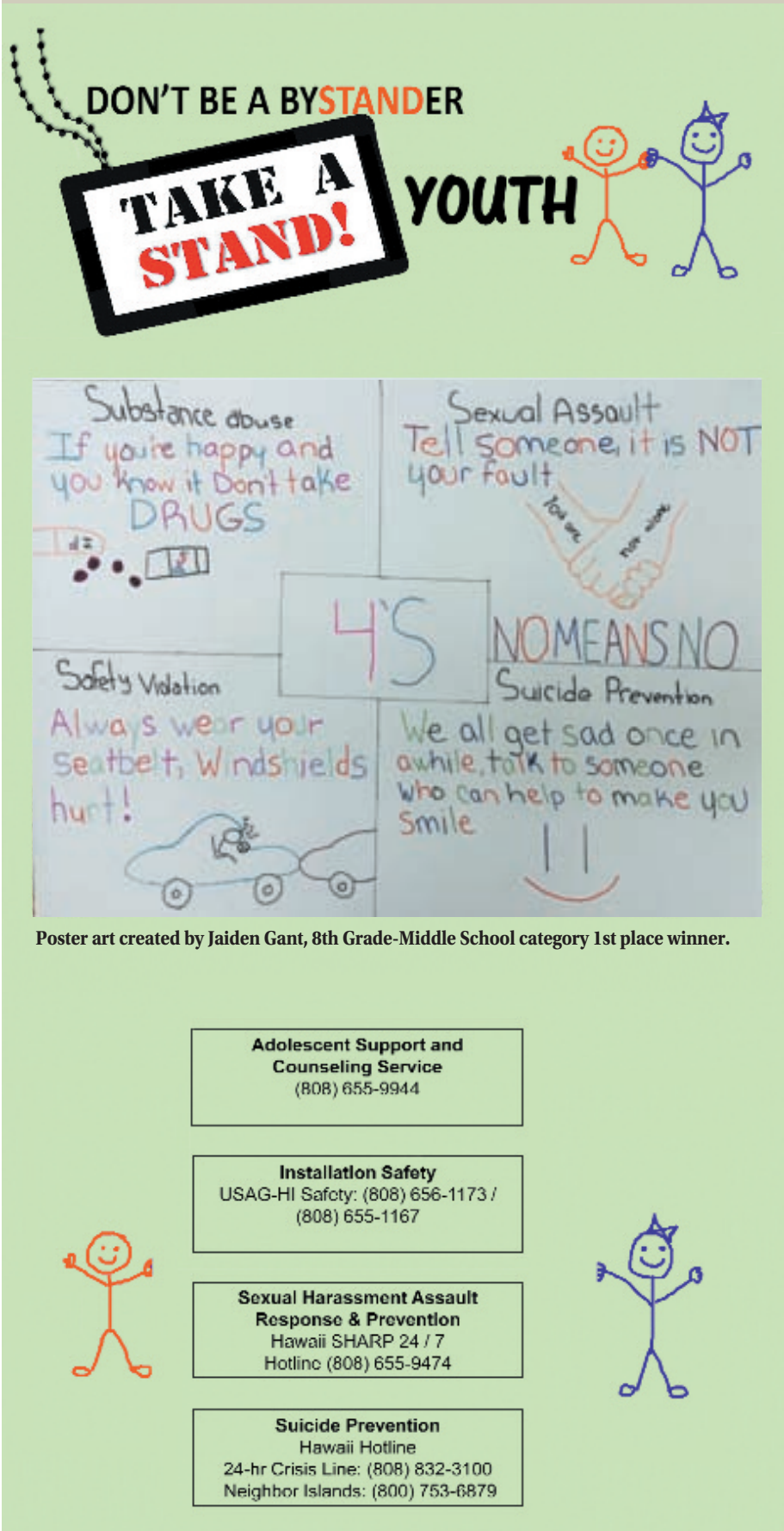
National Night Out has been held across the country for 32 years to heighten safety awareness and promote police-community partnerships, crime prevention and bring communities together. Visit [www.islandpalmcommunities.com](http://www.islandpalmcommunities.com).



Military child Lopeti Filo tries on firefighting gear with assistance from the Federal Fire Department.



## POSTER CONTEST



Poster art created by Jaiden Gant, 8th Grade-Middle School category 1st place winner.



Photo courtesy of Bellows Air Force Station

# Bellows' BooFest offers festival style family fun

**BELLOWS AIR FORCE STATION**  
News Release

WAIMANALO — Hold on to your top hats and step right up to the Bellows “CarnEvil” – haunting under the big top. The 16th annual Bellows BooFest comes to life on Saturday, Oct. 24.

Scare actors and themed décor will transform circus-themed tents into unique and immersive environments. Sinister magicians and killer clowns descend on the haunted attraction, which opens after sunset at 7 p.m.

Free, family fun for all ages starts at 5 p.m., and Turtle Cove, Bldg. 220, is the Hall-lowed hub for BooFest until closing at 9 p.m.

### Other happenings

Much is taking place, listed below:

**Costume Contest:** Take the stage in your best Halloween ensemble. Incredible prizes sponsored by Atlantis Adventures will be awarded to top contestants in three age groups and one team category. Sign-up from 5-5:30 p.m. Contest starts at 6 p.m.

**Trunk-or-Treat:** A safe alternative to traditional trick-or-treating. Gather candy at decorated vehicle stations from 6:30-7:30 p.m.

**Movie Under the Stars:** Bring a picnic blanket, lawn chair and cooler to watch a Hollywood blockbuster and soon-to-be Halloween classic on the large, outdoor movie screen. Movie starts at 6:30 pm.

**Decoration Stations:** No costume? No problem! Get your “Halloween on” at our temporary tattoo and hair spray stations from 5:30-7:30 p.m.

**Balloons by Austin:** Lions and tigers and bears, oh my! The amazing Austin can whip up your favorite circus animal and more from 5:30-7:30 p.m.

**Food and beverage:** Food trucks will be on-site and snack booths open all evening, while supplies last. Pau Hana Pub will serve creepy cocktails and spooktacular bar specials. Purchase snacks and beverages at Turtle Cove until 7 p.m.

Bellows AFS and Roberts Hawaii supports the Air Force Junior ROTC. High school and college cadets are on staff to celebrate this magnificent event.

Don't forget your winning costume and bag for trick-or-treating.

## BooFest

Bellows AFS is open to active duty military personnel, military retirees, reservists, National Guard, and current and retired DOD civilian employees with an authorized ID card and their families.

Patrons not on a guest list or without base access will not be permitted on Bellows AFS. For more details, call (808) 253-1508; visit [www.bellowsafs.com](http://www.bellowsafs.com).





# Army reservists gain TAMC, USAHC-SB skills savvy

Story and photo by  
**SGT. HOAI-NAM LE**  
6253rd U.S. Army Hospital Public Affairs

HONOLULU — The 6253rd U.S. Army Hospital (6253rd USAH) provided more than 3,000 clinical care encounters during its annual training mission at Tripler Army Medical Center, here, and at U.S. Army Health Clinic-Schofield Barracks, recently.

The 28 reserve Soldiers from Phoenix were briefed upon arrival on Oahu and then assigned to the appropriate clinical departments at TAMC and USAHC-SB.

The 6253rd personnel then immediately went to work in their corresponding capabilities, as needed, including various clinical departments, such as surgery, emergency medicine, critical care, behavioral health, family medicine, physical therapy, medical logistics, the laboratory, nutrition, radiology, the pharmacy and respiratory services.

**Training opportunities**

With the combination of civilian medical skills and prior military training experience, Army reserve physicians, nurses, physical therapist and medical specialists were able to work alongside their active components in providing medical services to military personnel, their families and retirees at TAMC and USAHC-SB.

The experience was professionally fulfilling, and it provided an opportunity to meet new people. Sgt. Colt Weddell is a full-time firefighter and emergency medical technician (EMT) who was assigned to the TAMC Emergency Department, for example.

“The TAMC Emergency Department staff was friendly and welcoming to the arrival of the new medics,” said Weddell, combat medic, 6253rd USAH. “They quickly provided training



Staff Sgt. Eric Wendt, 6253rd USAH, reviews the procedures of pulmonary function tests, using the spirometer to measure lung function, which is helpful in assessing conditions such as asthma, pulmonary fibrosis, cystic fibrosis and COPD during reserve duty, recently.

to the group, which helped to integrate us to different teams and departments in the emergency care center.”

TAMC and USAHC-SB provided realistic training opportunities to the reservists at a demanding pace. With the assistance of Weddell, Staff Sgt. Antonio Roldan, Staff Sgt. Chrisantos Rodriguez, Staff Sgt. William Shuart and Sgt. Christopher Gates, TAMC Medical Services

was able to improve its response time to a number of critical situations.

After spending two weeks at TAMC, Weddell left with the impression that the quality of care, as well as TAMC’s facilities, were equivalent to some of the best trauma care centers in his home state.

“It’s an extraordinary opportunity to both care for Soldiers and learn new skills in a geo-

graphically unique area,” said Capt. Barbara Anderson, physical therapist, 6253rd USAH.

**Members concur**

“These annual training events develop Army Reserve service members’ practical knowledge and skills, which are crucial to the success of future mobilizations and deployments,” said 1st Lt. Matthew A. Musson, 6253rd USAH.



TAMC TIP

## Cutting Calories



If you are trying to cut calories without feeling hungry all the time, try replacing more calorically dense foods with less calorically dense foods.

Caloric density is defined as the amount of calories per a given volume. For example, one cup of rice is approximately 200 calories, but one cup of broccoli is only about 30 calories; therefore, rice is more calorically dense than broccoli.

In general, starchy foods (e.g., grains, beans, starchy vegetables), nuts/seeds and fats/oils tend

to be the most energy dense foods. Conversely, non-starchy vegetables (least energy dense), fruit and lean proteins are comparatively less energy dense.

By eating higher volumes of the less energy dense foods and eating moderate to low amounts of the more energy dense foods, you can cut calories without having to sacrifice total volume of food, thus feeling less hungry.

*(Note: Written by Capt. William R. Conkright.)*



# SB Wellness Center opens for client bookings Oct. 19

**LINDA BASS**  
U.S. Army Public Health Command

SCHOFIELD BARRACKS — Ready to set your physical health lifestyle change goals in preparation for the New Year?

If so, the U.S. Army Hawaii Army Wellness Center (AWC) is the place to go.

Oct. 19, the AWC will open for client bookings, with a grand opening scheduled for the second week in November.

“We are calling this a ‘soft’ opening,” stated U.S. Army Health Clinic-Schofield Barracks Commander Col. Pete Eberhardt.

“(That) will allow the new team members to book clients through walk-in, phone call, command referral or primary care manager referral,” he explained.

**Setting healthy goals**

The AWC program helps Soldiers, Army civilians, their families and retirees set and achieve health goals, addressing lifestyle change in areas that affect both short- and long-term health and engaging people in places where they live, work, relax and rest.

Clients of the AWC will experience a holistic approach to health and wellness improvement that is personalized to meet their current needs, motivation and confidence level.

As the current AWC staff refines systems for appointments, wellness plans and the integration of remaining staff prior to November, the AWC staff’s primary goal in the next few weeks, according to Eberhardt, is “maximizing how we meet the needs of the Soldiers and families

here on Schofield.”

**Health assessments**

The AWC’s evidence-based program starts with a health assessment review during which AWC staff will analyze an individual’s health status, risk for disease and ability to increase physical activity safely.

General wellness education will provide clients with information on such topics as healthy sleep habits, resiliency, healthy lifestyles, preventing chronic disease through healthy living habits and self-care.

Using state-of-the-art equipment to assess physical fitness level, AWC staff will assist clients in designing individualized exercise prescription to achieve health and fitness

goals. Metabolic testing will precisely measure individual’s resting metabolic rate and help to provide tailored strategies for weight loss, gain or maintenance.

For those whose health and wellness is affected by high levels of stress, the AWC offers biofeedback training and stress management education to improve an individual’s ability to respond effectively to prolonged stress, build resiliency and develop positive coping strategies.

Tobacco education is also available for those who are ready to kick the habit. AWC staff can help motivated tobacco users explore options for tobacco-free living.

*(Note: Bass is the health promotion officer for USARHAW.)*



CONTINUED FROM B-2

**Vehicle Registration** — The City and County of Honolulu satellite vehicle registration office at Joint Base Pearl Harbor-Hickam is open for business, 9 a.m.-4:30 p.m., Tuesdays and Thursdays, at 915 North Road, Bldg. 1314, in the Club Pearl Complex.

The service is open to all military personnel, their family members and civilians from all military bases with base access.

**Federal Survey Cards** — On Sept. 2, a Federal Survey Card was distributed to every Hawaii public school student as part of the Federal Impact Aid Program that partially reimburses school districts that lose revenue due to the presence of tax-free federal properties. The card needs to be completed and returned to your child’s school as soon as possible.

If you have questions on how to fill out the form or

about military addresses, contact your child’s school or the Army School Liaison Office at 655-8326.

**Legal Aid** — The SB and FS Legal Assistance offices provide free legal assistance to active duty personnel, family members, retirees and certain Department of Defense personnel.

The offices provide assistance on issues including, but not limited to, estate planning services (including wills and advance medical directives), consumer affairs, guardianship, divorce, taxes, landlord-tenant law, military administrative matters and insurance claims. Also, notary services and powers of attorney are available. Visit SB Bldg. 2037, 655-8607, or FS Bldg. 330, Rm.

110C, 438-2627.

**Mystery Shopper** — Soldiers, family members, retirees, civilians and others who live and work on Army Hawaii installations have the opportunity to give honest feedback on the services they receive at USAG-HI facilities. To become a “mystery customer,” call 656-0880/0881 or go to [www.usaghi.cms@us.army.mil](http://www.usaghi.cms@us.army.mil).

**Honolulu City Arts and Culture** — Learn about current and upcoming free events sponsored by the mayor’s office at [www.honolulu.gov/moca/moca-calendar.html](http://www.honolulu.gov/moca/moca-calendar.html).

**Food for Families** — ASYMCA at WAAF has an emergency food locker, 8 a.m.-2 p.m., weekdays, 624-5645.



DEPRESSION



Courtesy Photo

October is National Depression Education and Awareness Month, a time when the public is informed about the various signs and symptoms of depression and the important role of depression screening in managing overall health.

The theme for this year's observance is "Screening – A Step on the Journey to Maintaining Your Health."

According to the World Health Organization (WHO), depression is the leading cause of disability with over 350 million people suffering from depression worldwide. Symptoms of depression may include persistent sadness, difficulty concentrating, hopelessness, helplessness, fatigue, changes in appetite, insomnia, irritability, persistent aches and pains, and in some instances, thoughts of suicide.

It is time to seek help when these feelings persist and begin to interfere with everyday life, which may be an indication of clinical depression, a serious medical condition that if left untreated, may continue for years and lead to other medical conditions.

Seek help from your primary care manager, a chaplain, your family, a battle buddy, a friend. Get help!